



Pizza Dough

READY IN



30 min.

SERVINGS



24

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 cups flour divided
- 0.3 cup olive oil
- 1 cup parmesan cheese grated kraft
- 0.5 tsp salt
- 2 cups water cold
- 1 tsp fast-rising yeast

Equipment

- bowl

plastic wrap

ziploc bags

Directions

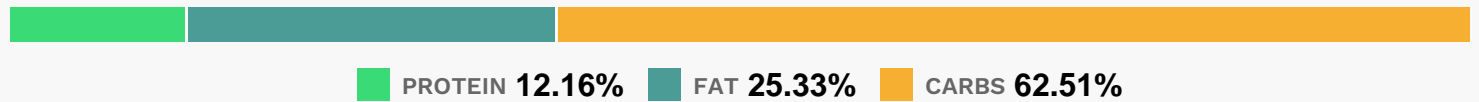
Mix 4 cups flour, cheese, yeast and salt in large bowl.

Add water and oil; stir until mixture forms soft dough. Knead on lightly floured surface 5 min. or until smooth and elastic, gradually adding remaining flour.

Cut dough into 4 pieces. (Each piece is enough for a 12-inch pizza.) Spray each piece with cooking spray. If using immediately, cover desired number of dough pieces loosely with plastic wrap; let stand 15 min.

Place each remaining dough piece in separate resealable freezer-weight plastic bag that has been sprayed with cooking spray. Seal bags; refrigerate up to 2 days or freeze up to 3 months.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:14.38, Inflammation Score:-2, Nutrition Score:4.4730434476034%

Nutrients (% of daily need)

Calories: 132.64kcal (6.63%), Fat: 3.68g (5.66%), Saturated Fat: 1g (6.24%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 19.7g (7.17%), Sugar: 0.07g (0.08%), Cholesterol: 3.63mg (1.21%), Sodium: 122.98mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Selenium: 10.3µg (14.71%), Vitamin B1: 0.22mg (14.65%), Folate: 50.94µg (12.73%), Manganese: 0.18mg (9.08%), Vitamin B2: 0.15mg (8.72%), Vitamin B3: 1.59mg (7.96%), Iron: 1.24mg (6.91%), Phosphorus: 55.37mg (5.54%), Calcium: 41.42mg (4.14%), Fiber: 0.74g (2.95%), Zinc: 0.38mg (2.5%), Vitamin E: 0.36mg (2.41%), Copper: 0.04mg (2.15%), Magnesium: 7.46mg (1.86%), Vitamin B5: 0.15mg (1.45%), Vitamin K: 1.5µg (1.43%), Potassium: 36.8mg (1.05%)